



Preschool – Pre-K/Kindergarten



Topics

Learning Objectives (Students will be able to)

- 1 Identifying and Recognizing Our Emotions and Feelings**
 - Recognize and label basic emotions (e.g., happiness, sadness, anger, fear) and associate them with words, facial expressions, and/or gestures.
- 2 Understanding Our Emotions and Feelings**
 - Recognize and label basic emotions (e.g., happiness, sadness, anger, fear) and associate them with words, facial expressions, and/or gestures.
 - Begin to understand the reasons behind emotions (cause and effect relationship).
- 3 Communicating and Expressing Our Emotions and Feelings**
 - Express a range of emotions appropriately through gestures, actions, drawing, or language with modeling and support.
 - Begin to understand the connection between feelings and behaviors (cause and effect relationship).
- 4 Regulating Our Emotions and Feelings**
 - Demonstrate understanding of impulse control through regulation of emotions and feelings with guidance from an adult.
 - Demonstrate understanding of stress management through relaxation techniques with guidance from an adult.
- 5 Changes and Transitions**
 - Adapt/transition from one environment or activity to another with support.

Topics

Learning Objectives (Students will be able to)

6 Friendship, Empathy, and Prosocial Skills

- Begin to understand the connection between feelings and behaviors (cause and effect relationship).
- Engage in meaningful communication or conversations with other children throughout the day.
- Engage in interactions with other children most of the time.

7 Community Building

- With some support, show respect for others by using social conventions (e.g., saying “please”/“thank you”; listening when others speak).
- With support, listen or demonstrate attention when others talk or communicate.
- Develop one or more special, nurturing friendships (e.g., seek out one or more nurturing friendships, demonstrate concern for the needs/wants of particular children).

8 Family

- Respond to a family member’s emotions and needs (e.g., give comfort, report to a parent).
- With support, balance own needs with family needs (e.g., sharing materials with siblings, asking for a turn).
- Engage in meaningful communication or conversations with parents and siblings throughout the day (using any communication system).

9 Cultural Awareness

- Begin to understand that different people may have different ideas, desires, and perspectives.

10 Problem Solving

- Seek advice or assistance from peers and/or adults to resolve conflict when appropriate (e.g., listen to guidance; talk through conflict; develop solutions).
- Ask for help from adults and identify support needed.
- With support, discuss and identify possible solutions for a social/ethical problem.

The ECSELEnt Adventures curriculum is composed of ten topics, each made up of four lessons. We recommend starting with the **first four topics** sequentially, as they are the core components of emotional intelligence.